



BUNKER PLAY FOR WOMEN

FREE TRAINING GUIDE

Not A Chip Shot



The green side bunker shot is not a chip shot. We might only need to carry the golf ball a few yards but try to clip the ball cleanly off the sand is a risky strategy! Invariably, the sand will get between the club and ball and absorb all that energy - up to about 75% of it!



Let's calculate that - If you have a bunker shot, which you need to carry 10 yards, that could mean swinging with enough speed to hit the ball 40 yards from grass.

Clearly, any sort of deceleration or quitting on the shot like this, is going to spell disaster.



A longer swing is necessary, especially if you're quite small and don't generate much power. This will help you swing with more momentum through the sand.

This might seem scary, because we don't want to hit the ball too far. Be sure to splash the sand and don't make contact with the ball.



The follow through is equally important. A nice, high finish after splashing the sand, will ensure commitment to the shot.

An added benefit of the high follow through is a higher ball flight, great for getting the ball over those tall bunker faces.



Splash The Sand



A common misconception is that you need to open the club face to play a successful bunker shot. Although, the clubface can be open to add loft and height to the shot, this requires more power. A square clubface with the 56° sand wedge is plenty of loft to escape most bunkers.



It is a good idea to practise your splashes (divots), when you have a chance. This is ideal for testing size and position of your splash mark. About the size of the sole of your shoe is ideal, with the ball to be positioned in the centre of your divot. Of course, touching the sand before your shot is not allowed while playing in a competition.



Another great drill is to splash some grains of sand onto the green. This is the perfect swing thought, as it encourages commitment and a little extra speed. Remember, we only want to hear the club hitting the sand, not hitting the ball. Simply recreate that focus, whilst playing your green side bunker shots.



Bunker shots are often approached with fear and anxiety. However, with a bold and confident action, these shots are actually quite easy. Employ these principles and you will have the golf ball carried out of the bunker on a cushion of sand, just like the professionals.



THANK YOU



Welcome to the team at **Aussie Golf Pros.**

Great to have you on board!

Steve and Glen are here to help you
make the most of your golf game.

Your feedback is greatly appreciated.

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or just want to say **G'day,**

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